Get on the healthy train kids‼‼‼‼‼

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I heard all over the TV newspapers how to be healthy‼

One great way to keep your body healthy is by not drinking Monster energy drink. Monster can give you cancer like heart problems it can also give you mental effects. Sometimes you can die from Monster or other bad energy drinks. A better way to be healthy is by only eating 3 meals a day and eating all kinds of fruit like oranges,

Apples, cherries and mango or sometimes smoothies are ok but never forget veggies kids. But most of all propel, v8, water, apple juice, Lemonade and last but not lest orange juice. Always be healthy kids.